



Nutrition Balance Path

start now

following the balance and mindful eating path

am i physiologically hungry?

choose a path...

yes

no

how hungry are you?

choose a path...

little hungry

very hungry



**in this case,
eat a little bit.**



**in this case,
eat a lot.**

give preference to foods with high biological value, which will nurture your body and will take care of your physiology.

no? so, do not eat!

if you are not hungry, how will you know if you are satiated? the "emotional hunger" is insatiable.



Balance and Mindful Eating

